

Using Special Place Imagery during Covid-19

It can be helpful to imagine a 'special place' which gives you a feeling of calm and safety. Find an image of a special place that you can easily bring to mind and that creates feelings of calm and safety. It can be somewhere that you know, that feels special to you, or somewhere entirely imaginary. For example, a beach, a park or an enchanted other world. You can also practice a Lotus Flower meditation to help you relax.

Special Place Imagery

Sit comfortably, close your eyes. Focus on your breathing. Slowly begin to deepen your breathing, letting your inhales and exhales become longer. Notice your body relax and start describing the place to yourself in detail:

- ▶ What can you see? What are the colours around you? *waves or trees blowing in the breeze*
- ▶ Can you feel any different textures around you? *grass, sand or water beneath your feet*
- ▶ What can you hear? *birds, water, leaves rustling*
- ▶ What temperature is it? *warm, cool, fresh*
- ▶ What can you smell? *smell of fresh baked bread or sea air*
- ▶ How do you feel when you are there? *relaxed, content, happy, joyful, or at peace*
- ▶ How does your body feel? *the sun on your skin or the humidity perhaps.*



Notice what it is about the place that is really special. When you feel ready, begin to become more aware of your current surroundings. Slowly open your eyes, noticing your body, your breathing, and look around the room you are in.

Lotus flower meditation

Close your eyes. Focus on your breathing. Slowly deepen your breathing, letting your inhales and exhales become longer. Notice your body relax and keep your focus on your breath. In your mind's eye imagine a lotus flower.

- ▶ Notice the petals, the colours on the inside and out. Place yourself in the centre of the flower.
- ▶ As you inhale, imagine the flower petals closing up protectively around you.
- ▶ As you exhale, imagine the petals opening up and holding you safely.
- ▶ Look around, what can you see? What colours are the petals?
- ▶ Notice the blue sky above you. Notice the fresh air.
- ▶ As you inhale, notice the safety and comfort of the inside of the flower.



Continue to inhale and exhale until you feel ready to finish the meditation. Gradually become more aware of your breathing and return your attention to the room you are in.